

Additional Support Services



In addition to our awesome team, there are some other great places where you, your family and friends can get some support.

For Young People

ehespace : 1800 650 890 (Phone and online support from 9am to 1am daily)

headspace.org.au/ehespace/

Kids Helpline: 1800 551 800 (24 hour telephone and online counselling service for people aged 5-25)

kidshelpline.com.au/

Lifeline: 13 11 14

lifeline.org.au/

Beyond Blue: 1300 224 636 (24 hour telephone and online counselling service, online chat 3pm to midnight – 7 days a week)

beyondblue.org.au/

headspace National for Young People

headspace.org.au/young-people/life-issues/

MHCALL: 1300 642 255 (24 hour telephone support)

Suicide call back service: 1300 659 467

suicidecallbackservice.org.au/

QHealth Line (18yr+ years): 1300 642 555

Emergencies: Phone 000

For Parents

Parent line: 1300 301 300

headspace National for Friends & Family

headspace.org.au/friends-and-family/life-issues/

headspace National web site

headspace.org.au/

Raising Children Network

raisingchildren.net.au/

Anglicare for Family Counselling as well as individual

Counselling: 1300 610 610

Online Chat

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Beyond Blue: 1300 224 636 (24 hour telephone and online counselling service, online chat 3pm to midnight – 7 days a week)

www.beyondblue.org.au/